

# PLACENTA ENCAPSULATION

## FREQUENTLY ASKED QUESTIONS

Placenta encapsulation is a process where the placenta is inspected, cleaned, and sliced either raw or steamed. It is then dehydrated, ground up, and the ground powder is used to fill empty gelatin capsules. We also create tinctures which is the process of letting raw or dehydrated placenta sit in a bath of 100 proof alcohol to extract and preserve benefits.

### **FREQUENTLY ASKED QUESTIONS:**

#### **1. How many capsules will I get?**

On average you can expect between 100-200 capsules

#### **2. What are some benefits of consuming placenta capsules/tincture?**

We cannot guarantee any particular benefit or outcome from consumption, but utilizing your placenta postpartum may help with things like milk production, hormone and mood stabilization, pain relief, energy boost, iron restoration, growth of hair and nails, etc. Tinctures can also be beneficial for your teething baby of 6 months or older, your mother who is starting menopause, or if your baby is a girl, she may utilize the tincture when she begins her first menstrual cycle.

#### **3. What are some risks of consuming placenta capsules/tincture?**

There are very little risks involved in consuming your placenta. The biggest risks would come from consuming a placenta that has not been stored or prepared properly. Be sure to follow instructions on how to store your placenta until your specialist picks it up.

#### **4. How do I store my capsules/tincture and what is the shelf life?**

You may store your capsules as follows: In the container provided, in a dark cool cabinet for up to one year. After one year you should transfer your capsules to a Ziplock bag and place them in the freezer for up to 6 more months. If after this time you still have capsules left, you may create a tincture by emptying 2 capsules into 2oz of 100 proof alcohol. You may store your tincture in a cool dark cabinet indefinitely.

#### **5. Can I consume my placenta if I have Group B Strep or Genital Herpes?**

Yes! Please notify your specialist so that we can steam your placenta to kill any possible bacteria. Otherwise, it is considered safe to consume.

#### **6. What if my baby passed meconium in the womb?**

That's perfectly fine. Meconium is sterile. It is simply washed off prior to preparation.

#### **7. How should I take my capsules/tincture?**

Consumption recommendations are JUST a recommendation. NOT a prescription. You may adjust your intake as you feel you need to. We give a general suggestion on how to consume your capsules/tincture on the containers. We do recommend that you take your capsules with food to avoid an upset stomach.